

LANCASTER and MORECAMBE ATHLETIC CLUB

TRACK and FIELD RECORDS

JUNIOR LADIES

100 metres	12.1 secs	H. Marsden	1982
200 metres	26.1 secs	H. Marsden	1979 (as U15)
400 metres	58.4 secs	H. Marsden	1981 (as U17)
800 metres	2 min 13.8s	R. Medd	1981 (as U17)
1500 metres	4 min 37.4s	C. Rodham	2004
3000 metres	10 min 11s	C. Rodham	2004
100 metre H	16.0 secs	L. Elliott	1983
400 metre H	59.56 secs	L. Elliott	1985
High Jump	1.60 metres	J. Lee	1991 (as U15)
Long Jump	5.70 metres	K. Evans	1976
Triple Jump	10.96 metres	L. Taylor	1996 (as U17)
Javelin	32.42 metres	D. Peel	(as U15)
Discus	28.86 metres	D. Peel	(as U15)
Hammer			
Shot Putt	9.58 metres	D. Peel	(as U17)
4 x 100 metres	50.8 secs	S. Newton/T.Ng/ L.Taylor/K.Harrison	1996 (as U17s)
4 x 400 metres	4 min 10.0 secs	L.Elliott/T. Taylor/ R.Medd/H.Marsden	1983
3 x 800 metres	7 mins 18.6 secs	J.Taylor/A.Bullivant/ S.Barnett	1975 (as U15s)